

Safe Practice Standards in Sports, Physical Training and Recreation. 233rd BSB Safety and Occupational Health (OH) Program

1. REFERENCE: Safety in Physical Training, Sports, and Recreation in USAREUR is guided by AR 40-5, DA Pam 385-5 and FM 21-20, TB Med 507.

2. PURPOSE: Accidents during recreational activities, are responsible for many preventable injuries to personnel. By their very nature, sports and recreational activities have inherent pleasure derived from the activity. However, accidents can be prevented or controlled by using administrative controls, improving leadership and supervision, providing and maintaining adequate equipment and facilities, and acceptance of responsibility for self-protection from injury by each participant.

3. GENERAL REQUIREMENTS:

a. 233rd BSB Policy is that safety will be incorporated in all sports, competitive games, and recreational activities. Units' safety programs will include sports and recreational accident prevention. The safety fundamentals and control measures prescribed in this appendix will be observed by units and operating officials of recreation services.

b. Effective programs will be established to assure availability and presence of undamaged equipment, safe facilities, and qualified supervisors.

4. PROCEDURES:

a. Supervisors of physical training programs and special services providing physical training will be selected on the basis of experience and interest in coaching, familiarity with activities they supervise, and their ability to instruct participants adequately in safe play. Trainers must be qualified to supervise personnel and capable of taking into account, at all times, individual physical differences of persons, the time element, availability of facilities, use of equipment, and the objective of the sport involved. In particular, leaders must demand complete observance of the rules of the sport and must take necessary precautions to see that maximum use is made of proper protective equipment and clothing.

b. Participants in sports programs must receive periodic physical examinations before participating in the sports activities where the more strenuous contact sports are performed. No person will be asked, encouraged, or permitted to do more than he/she is physically able to do.

5. SANITATION: Facilities must be equipped with or have access to locker rooms, rest rooms, showers, and lavatories etc. as required by OSHA and Army Hygiene standards.

6. EQUIPMENT and FACILITIES:

a. Adequate facilities and suitable equipment for each activity will be provided. If there is a shortage of playing space, the activities will be restricted to those that can be safely conducted. Maintenance of equipment in good condition and enforcement of its use will be periodically evaluated.

b. All playing fields will be especially selected, designated and maintained for such purposes. The areas selected must be suitable for the sports to be played, free of hazardous obstructions, and with marginal areas of the fields clear of buildings, fences, fire hydrants, sharp depressions or rises in the ground, etc. The surfaces of such areas must be kept free of debris at all times by providing necessary policing details.

c. Calcium carbonate, treated lime, or other non-caustic materials should be used for marking boundaries and other necessary lines on athletic fields. The use of un-slaked lime or other caustic materials is extremely dangerous and is prohibited.

d. All practical measures should be taken to promote spectator interest, but spectators must be kept off active playing areas. Rope railings, ushers, or other effective means can be used as needed. Bleachers must be placed far enough back from the side lines to preclude players running off the field and crashing into them. Bleachers and elevated seating arrangements must be IAW construction safety standards, and inspected frequently for structural defects, particularly those that could lead to collapse.

7. HEAT PREVENTION: Personnel participating during hot summer days in excessive physical activities must be briefed how to prevent heat-injuries. Units/activities will perform Wet Bulb Globe Temperature (WBGT) readings prior any event and act IAW below index table.

<u>HEAT COND. Category</u>	<u>WBGT Degrees F</u>	<u>WATER INTAKE Min. Quarts/Hour</u>	<u>WORK/REST Cycle in Min.</u>	<u>FREQUENCY of WBG Monitoring</u>
1 White *	78-81.9	1/2	Continuous	Once a day
2 Green	82-84.9	1/2	50/10	Every 4 hrs
3 Yellow	85-87.9	1	45/15	Every 2 hrs
4 Red	88-89	1.5	30/30	Hourly
5 Black **	90 or higher	At least 2	20/40	Hourly

* MOPP gear or body armor adds at least 10 degrees F to the WBGT Index.

** Suspend physical training and strenuous activities.